

# Preventing the Flu

The **single best way to prevent the flu is to get vaccinated** each fall, but **good health habits** is a measure that can help protect against the flu. Fox Army Health Center hasn't received their vaccine yet for the 2006-2007 flu season. We anticipate being able to start our mass immunization program mid November. This message will be updated as more definite dates are determined.

## Good Health Habits

### **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

### **Clean your hands**



Washing your hands often will help protect you from germs

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

**When washing hands with soap and water:**

Wet your hands with clean running water and apply soap. Use warm water if it is available.

Rub hands together to make a lather and scrub all surfaces.

Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!

Rinse hands well under running water

Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

**Remember:** If soap and water are not available, use alcohol-based gel to clean hands.

**When using an alcohol-based hand sanitizer:**

Apply product to the palm of one hand

Rub hands together

Rub the product over all surfaces of hands and fingers until hands are dry.

**When should you wash your hands?**

Before preparing or eating food

After going to the bathroom

After changing diapers or cleaning up a child who has gone to the bathroom

Before and after tending to someone who is sick

After blowing your nose, coughing, or sneezing

After handling an animal or animal waste

After handling garbage

Before and after treating a cut or wound

Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze

or  
cough or sneeze into  
your upper sleeve,  
not your hands.

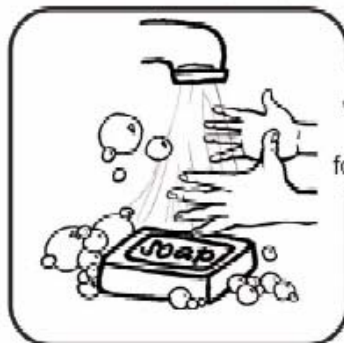


Put your used tissue in  
the waste basket.



# Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water  
for 20 seconds

or  
clean with  
alcohol-based  
hand cleaner.



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